



Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health

Caroline Leaf

[Download now](#)

[Read Online](#) ➔

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health

Caroline Leaf

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health Caroline Leaf

"If you need a change in your thought life or overall attitude, *Switch On Your Brain* will convince you that your brain can be renewed by the power of God's Spirit and biblical truth."--**James Robison**, president of LIFE Outreach International; cohost of *LIFE Today*

"The following pages are not information, they are revelation. Caroline's revelation will change the way you think. This book is the owner's manual for how our brains work."--**Matthew and Laurie Crouch**, Trinity Broadcasting Network

"Caroline Leaf has given us a real jewel, translating modern brain science into language accessible to everyone."--**David I. Levy, MD**, neurosurgeon, author of *Gray Matter*

"[Caroline] explains how our choices work scientifically, but in a practical way that makes something that is really hard to do much easier and more tangible."--**Christine Caine**, founder of the A21 Campaign; director of Equip and Empower Ministries; author of *Undaunted*

"We encourage you to act on the wisdom found in *Switch On Your Brain* and begin the incredible journey of thinking God's way."--**Robert and Debbie Morris**, pastors of Gateway Church; authors of *The Blessed Life*, *The Blessed Marriage*, and *The Blessed Woman*

"Dr. Leaf's teaching is not only life changing but life *saving* as it makes the renewing of the mind so real. I am so very grateful for the wisdom contained within these pages."--**Darlene Zschech**, singer-songwriter; author of *The Art of Mentoring*

"Each of us is full of untapped potential when it comes to our ability to think and process our way through life. I pray that Caroline's years of research and passion in this realm of unfolding science will be a blessing to you."--**Bobbie Houston**, senior pastor, Hillsong Church

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health Details

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health

241 pages , Published September 1st 2013 by Baker Books (first published 2007)

 [Download Switch On Your Brain: The Key to Peak Happiness, Thinki ...pdf](#)

 [Read Online Switch On Your Brain: The Key to Peak Happiness, Thin ...pdf](#)

Download and Read Free Online Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health Caroline Leaf

Laura says

I love neuroscience. I also love the Holy Scriptures. So what a surprise when Dr. Caroline Leaf, a communication pathologist in the field of cognitive neuroscience, summarizes in this book a large part of her research in recent years to link scientific principles to Scripture. Oh my word, I LOVED this book! It blends two of my favorite subjects.

I always trusted and believed God's Word to contain wisdom and accurate statements about human behaviour and psychology. Finally, a scientist who recognizes this! Dr. Leaf states: Science is catching up with the Bible daily. How true, because God is THE greatest scientist. He created the heavens, the earth and us in it, including all the laws that govern nature, such as the law of gravity and quantum physics.

Dr. Leaf had devoted her life work, since the 1990s, in helping people see that they can renew their minds in a tangible way by learning to control their thoughts and emotions. She says that by doing this through conscious effort, we can actually change the programming and chemistry of our brain, even in the most challenging neurological situations. In other words, we are not victims of our biology or circumstances. How empowering! How hopeful and enlightening. How totally fascinating! The concept of neuroplasticity was always supported by God as stated in Romans 12:2. I knew this because of my studying the Bible for years now, but having a scientist explain the science behind Biblical principles is so gratifying. It makes me appreciate my Creator all the more.

What I also appreciated about this book is that it's easy to read. Dr. Leaf explains neuroscience in simple terms and her use of repetition of the concepts only served to make me appreciate their value. The more I dug into this book, with highlighter and pen, jotting down notes, looking up Scriptures, the more I realized that my Bible studies have made me wiser and more intelligent because of the time I spent in deep study and meditation. In the last few years, however, because of my busy schedule I have not had the same kind of contemplative studies, and I have seen the difference in how I handle stress.

In the first part of the book, Dr. Leaf explains the science of thought and what it means to switch on your brain. In part two, Dr. Leaf has developed a 21-Day Brain Detox Plan, a practical and detailed plan that helps an individual get rid of toxic thoughts. This non-traditional therapeutic approach has helped her patients who suffered a TBI (traumatic brain injury) make remarkable progress. I've read through the program, and I figure it won't be easy to implement, but I plan to use it because I know I could use help getting rid of some toxic thoughts that trigger my depression and mood swings.

I have to say that if you are an individual who does not read the Bible, this book may be a little overwhelming, especially those who believe that the Bible and science don't mix. I knew all the Scriptures she mentions in her book so I was super comfortable with her applications. Also, Dr. Leaf includes in the back of the book 10 full pages of notes and references, as well as 19 full pages of recommended reading of books and scientific articles. This is perfect for me! I highly recommend this book to anyone who calls themselves a Christian (or appreciates the Bible) and wants to explore the potential of their minds to change their lives for the better.

Neil R. Coulter says

I found *Switch on Your Brain* to be a frustrating (but mercifully quick) read. Caroline Leaf's main point is that we can alter our lives for the better by changing our habitual thought patterns. According to Leaf, we can change not only our thought life, but even our DNA by the conscious redirection of negative thinking into positive thinking. Leaf repeatedly claims to be a scientist (which, ironically, always makes me wonder how true it is) and loads the chapters with a lot of surface-skimming of scientific neurological research. She is

also a Christian, and she returns to the Bible more often than she turns to science to explain why certain assertions must be true.

I can't say how valid her scientific references are, though from what little I've read about neuroscience I think much of what she says is fine. But I'm more familiar with biblical scholarship, and her use of the Bible was very unimpressive. She picks out verses that seem to affirm the scientific point she's making, but with absolutely no regard for the full context of the verse or the cultural contexts of the original audiences of the Bible's writings. The Bible is much more complex and much more interesting than how Leaf presents it. Her engagement with scripture is not surprising, given the roster of television-star Christians who endorse the book. Her positive-thinking approach reminded me of Joyce Meyer (who endorses the book) and Joel Osteen (notably absent from the endorsers). The afterword is written by TBN's Matt Crouch, who manages in 3 pages to name-drop Barry Sanders, Tom Hanks, and his own network and travels. (Who is this book about again?)

The point of *Switch on Your Brain* is to explain the foundation of Leaf's thought-changing and healing, and then present a 5-step "21-day brain detox plan." The explanation of this plan takes only the final third of the book, and it is surprisingly vague. I've read the whole book and I have very little idea what I'm supposed to do each day of the plan. Essentially, if you're already doing a daily devotional or prayer or meditation time, you're probably doing what Leaf advocates. It's also a misnomer to call it a "21-day plan," since Leaf says that "It can take anywhere from three to four 21-day cycles to automatize the new healthy thought pattern and to make sure the toxic thought doesn't grow back" (153-154). That's convenient: Didn't work? Try another 21-day cycle!

The book is frustrating because it is unbelievably repetitive, even repeatedly printing pointless diagrams (check out p. 21 and p. 188, or pp. 44, 159, 178, and 194). Not only are the chapters repetitive, but each chapter includes a summary of the main points, which could easily take the place of reading the whole book.

My favorite part? This quote:

Research also shows that there is a negative side to positive self-statements and affirmations, showing that individuals with low self-esteem felt worse after repeating positive self-statements. Don't become part of that statistic. (66)

Hey, wait! I think that's me she's talking about, but that's all the advice she has for me: "Don't become part of that statistic"? It was hard to keep reading after that paragraph.

BuenoBomb aka Andre Bueno says

I read this book twice. Wasn't a fan the first time (given the heavy biblical references) though besides those items the second time made a ton of sense. Would recommend reading.

-- NOTES --

Neurogenesis is how the brain regenerates itself

Ch01

- The mind controls the body
- We can control our reactions and choices
- Our DNA can change shapes bases on our thoughts

Ch02/03

- Pay attention to your thoughts
- You have the power to change
- Epigenetics: your choices affect your life situation
- Whatever you think about the most will grow
- Change your perception, change your life

Ch04/05

- Be mindful of your thoughts
- 5-16 minutes of daily meditation changes lives
- Meditation helps improve our life and our health
- Toxic thinking creates maladaptive cells

Ch06/07

- Multitasking is a myth
- Not multitasking can improve and discipline our thoughts
- Quantum physics is a way of making sense of how energy and our bodies work

21 day brain detox 8 keys

- Mind controls matter
- Choice and your multiple perspective advantage
- Your choices change your brain
- Catch those thoughts
- Enter into directed rest
- Stop multitasking
- Thinking, God, and the quantum physics brain
- The science of thought

Ch09

- Takes about 5-7mins
- It's a deliberate action
- Takes 21 days for the memory to form
- Automization occurs after 3 full 21 day cycles

Ch11

- Gather awareness
- Sensory information flows into the unconscious via the five senses
- External environment
- Your memories

Ch12

- Focused reflection (Mindfulness Meditation)
- Deep intellectual thinking and a sense of self
- Meditate on knowledge
- Think, understand, and apply the wisdom
- Sight, sound, smell, touch, and taste are the five senses you want to engage if you want to learn something using different brain signals and lanes (Basel ganglia)
- Attitude influences what you say and do
- Hypothalamus responds to your thoughts and emotions. It releases chemicals and hormones via the pituitary gland

Focused reflection (Mindfulness Meditation)

- Watch your thoughts and how they are connected with each other

- It is a directed and disciplined way of thinking
- Huge activity happens when you redesign your brain via neuroplasticity
- Rehearsing your goals every day is a way to mentally rehearse how you will achieve your goals. It will integrate your thoughts to other things via protein synthesis

Writing helps you sort out your conscious and subconscious thoughts

- How to write down your thoughts
- Use a thought journal
- Be playful
- Use word associations/pics/colors/texture
- Metacog: group patterns create branches, then go down the branch as far as possible in detail. Think about the bigger picture and the details. See and evaluate your thoughts patterns.

Redesign your thoughts

You are not a victim of your biology

This step evaluates where you are going and where you are looking to get to

Workout the way forward

Visualize the end result at the end of the 21 days

This is a self reflective side of the process

It is constructive and to think deeply

This is a 21 day process and you should work through the details really deep

Action Reaches

The doing of the action reach is what makes it all happen

Make the lifestyle change

Do it at least 7x a day

Move through the sequence and believe

Summary

Focus on eliminating one toxic thought

Takes 5-7min

Active reach goes out through out the day

One brain detox cycle is 21 days

You breaking down a healthy thought

Breaking down the toxic thought takes 7-10min

Gather: 1-2 min Bring the thoughts into consciousness

Focus reflections 1-2 mins ch12

Writing 1-2 mins ch13

Active reach 1-2 mins

Revisit chapter 14

Building up the better thoughts

Gather and think of the replacement thought

Meditate on the positive

Write about the positive along the negative (ch13)

Firm in the bonds (ch14)

Active reach (ch15)

From Reader Review Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health for online ebook

From reader reviews:

Margaret Barone:

A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity this is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent all day every day to reading a book. The book Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health it is quite good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book has high quality.

Bethany Christiansen:

This Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health is great guide for you because the content which is full of information for you who have always deal with world and still have to make decision every minute. This particular book reveal it facts accurately using great organize word or we can declare no rambling sentences in it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only offers you straight forward sentences but challenging core information with beautiful delivering sentences. Having Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health in your hand like keeping the world in your arm, information in it is not ridiculous a single. We can say that no reserve that offer you world within ten or fifteen second right but this guide already do that. So , it is good reading book. Hello Mr. and Mrs. active do you still doubt which?

Paul Moore:

As we know that book is essential thing to add our know-how for everything. By a guide we can know everything we would like. A book is a group of written, printed, illustrated as well as blank sheet. Every year was exactly added. This e-book Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health was filled in relation to science. Spend your time to add your knowledge about your research competence. Some people has different feel when they reading the book. If you know how big advantage of a book, you can sense enjoy to read a guide. In the modern era like today, many ways to get book which you wanted.

Elaine Harvey:

A lot of reserve has printed but it is unique. You can get it by web on social media. You can choose the best book for you, science, comedian, novel, or whatever through searching from it. It is called of book Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health. You can include your knowledge by it. Without making the printed book, it might add your knowledge and make you actually happier to read. It is most critical that, you must aware about guide. It can bring you from one destination to other place.

[GET]? Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health Caroline Leaf
MZILVU7HQFC